

MPL Core Experience

Participant Handout: Successful Aging & Me



Social Bingo

The Goal: Meet your successful aging colleagues. See how many new things you can learn about your fellow team members.

The Task: Collect signatures in the boxes to get Bingo either vertically, horizontally or diagonally. Each person may sign only 1 box.

Find someone who:

Writes their own blog	Knows how to fox trot	Has met someone famous	Can speak a foreign language	Volunteers outside of work
Whose bucket list item involves a parachute	Grew up on a farm	Is a vegetarian	Sings in the shower	Loves karaoke
Likes jazz music	Can recite the alphabet backwards	Supports Successful Aging	Shares your birth month	Has been to Europe
Favorite food is Mexican	Has a pet	Loves foreign films	Has been to all 50 states in the US	Has a "Twitter" account
Was born in the same state as you	Whose favorite sport is golf	Has participated in Walk to Wellness	Can remember their first date	Whose bucket list involves the Super Bowl



Masterpiece Living Team Member Interest Survey

Name _____

Contact Number _____

Department _____

Supervisor _____

(Check all that apply)

- I am very interested in taking an active role in Masterpiece Living.
- I'm interested in becoming part of the Masterpiece Living Champion Team.
- Beyond my role in supporting the culture, I am not interested in taking a more active role.

Hobbies and/or interests I would like to share:

- I do not have a particular hobby that I can think of but I would like to be involved with Masterpiece Living.

I am available the following days and times:

Sunday _____	Thursday _____
Monday _____	Friday _____
Tuesday _____	Saturday _____
Wednesday _____	Sunday _____



Masterpiece Living Team Member Interest Survey (continued)

Other opportunities available for Masterpiece Living:

- Assist with Masterpiece Living Reviews
- Facilitating a pre-written Program by Masterpiece
- Assist another employee with his/her hobby
- Other: _____

- I am interested in learning more about the wellness component for team members.

Do you have access to a computer? Yes _____ No _____

Successful Aging & Me

1. One area of growth I would like to focus on in my successful aging journey:

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2. One small thing I can do today to move closer to my goal:

3. One thing I would like to do differently in my daily job: